

As you consider your birth control options...

Decide + Be Ready Mobile App

- Decide + Be Ready is designed to help women make decisions regarding contraception to also meet the unique needs of servicewomen.
- This app supports military women in their decision-making related to contraception, taking into consideration that servicewomen, when deployed or working in uniquely challenging environments, may also choose to use one of the birth control methods to manage or even skip menstrual periods.

The screenshot displays four sequential screens from the 'Decide + Be Ready' mobile app:

- How Well Does It Work?:** A screen titled 'BIRTH CONTROL METHODS' featuring a grid of 12 icons representing different contraceptive options: No Method, Internal Condom, Male Condom, Diaphragm, The Pill, The Patch, The Ring, The Shot, The Implant, Hormonal IUD, Copper IUD, and Sterilization.
- Things to Think About:** A checklist screen with five items, each preceded by a checkmark: 'HOW WELL DOES IT PREVENT PREGNANCY?', 'HOW DO I USE IT?', 'HOW OFTEN DO I HAVE TO REMEMBER IT?', 'ARE THERE ANY SIDE EFFECTS?', and 'WHAT IF I DECIDE TO GET PREGNANT?'. A sixth item, 'CONSIDERATIONS FOR A SERVICEWOMAN', is also present at the bottom.
- For Servicewomen:** A screen featuring a silhouette of a woman. A callout box points to the lower pelvic region, displaying an icon of a Hormonal IUD. Below the silhouette, the text reads: 'HORMONAL IUD' with a close button (X), followed by the instruction: 'You don't have to do anything! Using this method can make your periods go away completely while using it.'
- Create Your Birth Control...:** A screen with the question 'When do you think you might want to get pregnant?' and five response buttons: 'Never', 'In a year or less', 'In a year or more', and 'Not sure'. The 'In a year or more' button is highlighted in a darker shade.

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